



Families4Guard

Issue 2

February 2012

Welcome to the "Families4Guard"

Volume 2, Issue 2
The Mississippi National
Guard Newsletter

STATE FAMILY PROGRAM

State Family Program Director
601-313-6379

MAJ James A. Clark,
james.andrew.clark@us.army.mil



STATE FAMILY READINESS

Commanders, Soldiers, and Family members, sometimes we have personal finance, legal issues, TRICARE assistance needs, separation issues, child care planning, and spouse employment issues. Increasing the focus on Family Readiness takes the focus off worrying and empowers the Family Members to work with matters under their control and allows the Service Member to stay focused on the mission. If you participate with your **Family Readiness Group – Congratulations and Thank You!** If you don't currently participate, we invite you to become involved in our MS National Guard Family. Get involved by contacting a Family Readiness Group Staff Member. They can provide you additional support information, resources, and training to support your unit and your Family Readiness Group. For more information you may also contact your State Family Readiness Program office. Olevia Jane Lyon, (SR-FRSA) MPSC-Contractor 601-313-6766 or olevia.lyon@us.army.mil



FINANCIAL FITNESS

Are you ready to get financially fit? Willie McGriggs, MSNG Military Family Life Consultant, is a member of the JFSAP team and here to assist you in reaching your financial goals. He can team up with you to help identify your dreams, create a plan tailored to those dreams, and track your progress along the way.

Whatever challenge you're facing, such as debt management, or investment and retirement planning, Willie is your financial coach. Call him today at 601-214-5230, for a confidential financial review.

Financial Planner
Willie McGriggs
601-214-5230
williemcgriggs@aol.com

172d Airlift Wing

Airman & Family Readiness
Program Manager
Marianne Breland
Wing Alt SARC
141 Military Drive AW 47
Jackson, MS 39232
Comm: 601-405-8211
Cell: 601-826-5345
Fax: 601-405-8789
DSN: 828-8211
marianne.breland@ang.af.mil

ANG CRTC - Gulfport/A&FRPO

Charles J. Carrigan, Civ, MS
ANG
Airman and Family Readiness
Program Manager
DSN: 363-6018; COMM: (228)-
214-6018
Fax DSN: 363-6035; COMM
(228)-214-6035
Toll Free - 1-866-618-9851
Cell Phone - (228)-323-4453
charles.carrigan@ang.af.mil

186th Air Refueling Wing

Connie Myers
Airmen and Family Readiness
Program Manager
MS Air National Guard
6225 M Street
Meridian, MS 39307
Work (601) 484-9623
DSN 778-9623
Cell (601) 917-1192
Fax (601) 484-9259
constance.myers@ang.af.mil



ARMY OneSource

Richard Patton

Army OneSource
Community Support
Coordinator, South
Mississippi
601-850-0266
richard.patton@serco-na.com
[na.com<mailto:richard.patton@serco-na.com>](mailto:richard.patton@serco-na.com)
SouthMississippiCSC@myarmyonesource.com
[esource.com<SouthMississippiCSC@myarmyonesource.com%20>](mailto:SouthMississippiCSC@myarmyonesource.com)
Army OneSource (AOS) is a Secretary of the Army Initiative to provide comprehensive community support and service delivery for Soldiers and their Families regardless of component or geographic location. Through Community Support Coordinators located throughout the US and Pacific, AOS is raising awareness and generating support among the private sector to effectively serve the unique challenges of Military life, including the growing demand for behavioral health, financial, legal and faith-based services. Utilizing traditional establishments on Military Installations, a Web-based portal, and local community partners, AOS is helping empower Soldiers and their Family Members to be strong, healthy and connected to the best resources wherever they may be.
<http://www.myarmyonesource.com>
[om<http://www.myarmyonesource.com/](http://www.myarmyonesource.com)



Our MilitaryOneSource representative is:

Marshay Lawson
601-874-4641

MarshayLawson@militaryonesource.com

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. In order to improve the quality of life for service members and their families, Military OneSource offers free 24/7 access to resources dealing with a broad range of concerns to include: money management, spouse education, parenting and childcare, relocation, stress, deployment, reunion, relationships, and grief. It is a virtual extension of installation services. Visit Military OneSource today at www.militaryonesource.com or call 1-800-342-9647.

The Military OneSource Free Tax Fil-ing Service Is Here, Featuring H&R Block At Home® Online

This is the same program you may have used before. If you created an H&R Block at Home® account last year, your login credentials for that account will still work and you will be able to access last year's personal tax information.

If you have questions about this tax service or about your own tax returns, please call 1-800-342-9647 and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available 7 days a week from 7 a.m. to 11 p.m., EST. For online assistance with questions about deductions, exemptions and filing deadlines, send inquiries to TaxQuestions@militaryonesource.com. For technical assistance with the H&R Block At Home® software, please call 1-800-HRBLOCK (472-5625) and follow the prompts for H&R Block At Home®.

This service is offered to those who are eligible for the Military OneSource Program:

□ All Active-duty service members of the U.S. Army, U.S. Marine Corps, U.S. Navy, and U.S. Air Force.

□ National Guard and members of the Reserve (regardless of activation status), includes members of the Coast Guard Reserve activated as part of the Department of the Navy under Title 10 authority.

□ Spouses and dependent children of the services noted above, and who are authorized in DEERS.

□ Family members who are taking care of the affairs of a service member (in one of the services noted above) when the service member is deployed.

A severely injured service member of one of the services noted above, or a designated family member of a severely injured member who is incapable of handling his or her own affairs. Medically retired individuals are eligible until 180

days past their End of Tour of Service, retirement date, or discharge date.

FAMILY
ASSISTANCE CENTER
(FAC)
Toll Free
888-288-4898

Family Assistance Centers throughout the state are here to provide help and support to Service Members and their families in times of need. Family Assistance Center Specialist (FAC's) are provided to simplify the process of accessing needed services and support for Military Families. The primary mission of a FAC's is to provide resources assistance to legal issues, TRICARE issues, Identification cards, and various other issues that a military spouse or significant other may encounter during deployment or when Soldier is stateside.

Paul Purser, FAC Coordinator
Jackson, MS
601-313-6502

FAC LOCATIONS &
PHONE NUMBERS

Blenda Gann
CSJFTC Family Assistance
1001 Lee Avenue RM 140
Camp Shelby, MS 39407
601-558-2405 (office)
601-606-1797 (cell)
601-558-2964 (fax)
blenda.gann1@us.army.mil

Sumer Works
CSJFTC Family Assistance
Building 1001 RM 140
Camp Shelby, MS 39407
601-558-2284 (office)
601-249-8217 (cell)
601-558-2964 (fax)
sumer.1.pounds@us.army.mil

Kathy Ladner
FAC St Martin
Family Assistance Center
7104 McCann Road
Biloxi MS 3953
228-396-4962 (office)
601-916-3864 (cell)
katherine.ladner@us.army.mil

Laurie Landry
FAC St Martin
Family Assistance Center
7104 McCann Road
Biloxi MS 39532
228-396-4962 (office)
601-916-3865 (cell)
laurie.landry@us.army.mil

Cliff Olson
FAC Senatobia,
Family Assistance Center
400 Scott St
Senatobia, Ms 38668
662-562-6920 (office)
662-209-4051 (cell)
clifford.olson@us.army.mil

Ricky Posey
Meridian FAC
Family Assistance Center
1551 65th Avenue South
Meridian, MS 39307-7024
601-696-8751 (office)
601-938-2036 (cell)
ricky.posey@ng.army.mil

William A. Shack
Tupelo FAC
Family Assistance Center
2705 West Jackson Street
Tupelo, Mississippi 38801
662-891-9754 (office)
662-871-7544 (cell)
DSN: 293-3754
5-digit: 33754
Fax: 662-891-9755
william.shack@us.army.mil

Betty Lambert
FAC Wounded Warrior
Family Assistance Center
Wounded Warrior Outreach
280 Old Hwy 49
Wiggins, MS 39577
228-297-2153 (cell)
betty.lambert2.ctr@us.army.mil

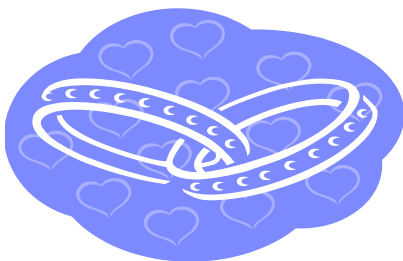
Willadine "Tootsie" North
Jackson FAC
Family Assistance Center
1410 Riverside Dr
Jackson, MS 39202
601-313-6501 (office)
769-257-3865 (cell)
Tootsie.north@us.army.mil



STRONG BONDS

Strong Bonds – Couples

Retreat: Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer. You'll gain practical, useful information based on world-class curriculum developed from years of research. In small groups, you'll participate in activities that renew bonds with your spouse. As a couple, you'll practice communication and relationship building skills, as well as share intimate moments. The Strong Bonds Couples weekend retreat is designed to strengthen relationships, inspire hope, and rekindle marriages — even start the journey of healing for relationships under fire. **Due a change in regulations, there will be a change in ITO's this year.** Upcoming dates for Strong Bonds retreats to be determined for 2012. **Tentative Schedule is:**
Coming Soon



ESGR

Representative:

Jackie Sharp

601-313-6508

jackie.d.sharp@us.army.mil



**American
Red Cross**

Together, we can save a life

THE AMERICAN RED CROSS

The Red Cross is actively involved in Family Programs. Currently The American Red Cross is pleased to provide FREE or discounted certification classes to military family members, their children, and veterans.

Certification offers a variety of benefits to include: Lifesaving skills, job skills/resume boosters, college application builders and more. In most cases, certification courses include any combination of: Adult/Child/Infant CPR, Basic First Aid, Babysitting, Blood Borne Pathogens, and Automated External Defibrillator (AED). Some chapters even provide Lifeguard Training and Nurse Assistant Training. For motivation on why you should obtain this training, visit: www.redcross.org and look at the "Get Trained" Section and the videos posted on "Prepare for a Safe Summer".

American Red Cross
1-877-272-733

MILITARY FAMILY LIFE CONSULTANTS (MFLC's)

Are there Family concerns or Family issues that need to be addressed? We have MFLC's to help you with your problems.

Military Family Life Consultant:

Youth and Children

Kerry Johnson

601-497-3128

kerryv.c.johnson@healthnet.com

Adults

Kyseta Warner-Armstrong

601-850-0417

kyseta.x.warner.armstrong@healthnet.com

**REMEMBER TO
START THIS YEAR
OUT WITH A
BUDGET
CONTACT:**

Financial Planner

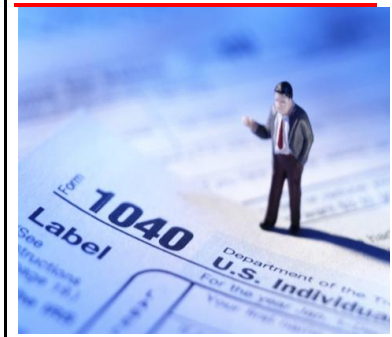
Willie McGriggs

601-214-5230

williemcgriggs@aol.com

*Need financial assistance
call and receive free help
and set up a budget for the
New Year.*

TAX TIME AGAIN!!!!



“PARTNERS IN CARE” INFORMATION

“Partners in Care” is an initiative of the Mississippi National Guard Joint Force Headquarters (MSNG-JFHQ) Chaplain’s office. The purpose of this initiative is to coordinate support for Mississippi National Guard (MSNG) members and families through partnerships with local faith based organizations.

All faith-based organizations are welcome to participate as a “Partners in Care”. A Letter of Support (LOS) signed by a representative of the participating faith-based organization formalizes the relationship. The LOS defines the purpose, scope and nature of the partnership. Support is offered by the participating faith-based organizations to all referred warriors and families within the limits of the faith-based organization’s resources and abilities, and free of charge without regard to the recipient’s religious affiliation. Referrals of MSNG members and families to “Partners in Care” faith-based organizations are made through the coordinated effort of the MSNG Family Readiness Office and the MSNG-JFHQ Chaplain Office. Guardsmen and families are encouraged to participate in and access their own faith community, if affiliated. Referral to a “Partners in Care” faith-based organization by the MSNG in no way implies endorsement of a particular religion by the MSNG.

MESSAGE FROM CHAPLAIN DON MALIN

As Chaplain, I am constantly thinking about how we can better help our vets. Since 2001 we have deployed many men and women to Iraq and Afghanistan. I remember my first trip to Iraq with the 168th EN Group and as Chaplain I had to brief vets going home on R&R and also redeployment. I didn’t fully understand the impact just being in a war zone had on us. As we deploy over and over, the impact on our troops is still to be determined. Briefings have picked up and we focused special attention on suicide awareness. We briefed before deployments and during deployments and after deployments. The Yellow Ribbon Program is a huge success in getting the correct information to our

troops. Lots of information trickles down to the vets and their families.

Soon everything dies down. Yellow Ribbon is over. We go home and try to establish a normal life. Something has changed though. It may not be apparent right away. We find out though that there is a new normal. Families struggle to get back together. The spouse changed as well as the vet. Where is all that information when you need it? Where is the closest place for help? The vet may live 60 or 70 miles from a place that can help.

Mississippi is a big state. She has 46, 907 square miles. Mississippi population is 2, 967, 297 and civilian veterans in the state number around 249, 431 or roughly 12% of the population. Now these vets are WWII, Korean War, Merchant Marines, Vietnam, Lebanon, Grenada, Panama, Persian Gulf, Somalia, Former Yugoslavia and Global War on Terror. There are veterans from all these conflicts. This number represents those who are vets but no longer in the military. It doesn’t count those still in. We have a lot of veterans and limited resources. We are constantly thinking about how we can better help our men and women and their families. One way is the Partners in Care program. Partners in Care was established in 2005 in Maryland. The Maryland Guard wanted to partner with faith communities, i.e., churches, synagogues and mosques throughout the state. The goal was to have at least one church per county. Maryland has around 22-23 counties. In 2010 they had over 70 faith communities involved in Partners in Care. The purpose was to partner with a church that would be willing to help veterans in need. The faith community would let the Guard know what they would be willing to do. The Church agrees to do it for free and not to require any kind of commitment if they helped the vet. In other words this was a “no strings attached.” If the Guard knew of a need then they would find the churches closest to the veteran. The Guard would give the vet a list of churches that could help meet that need. Then the vet can go to the church of his or her choice. Many vets have been helped in Maryland. That is one side. The faith community waits for someone to come. Another side is that they are the eyes and ears of the community. A Church hears of a vet in trouble and can take the initiative to help the vet or contact us and we can step in.

Finally the church may take the initiative and be more proactive. Some churches have adopted an armory. Churches that develop a relationship with an armory get to know the men and women in the unit. Usually the local churches have someone in the unit which would make the contact easier. Congregations become a safety net that covers the local community. Since many Guard and Reservists come home and are not around the military after their deployment, they don’t have access to all the resources active duty military have. Faith communities have connections that can help the vet. When the faith communities and the Guard work together, watch out!!!!

The Guard, through the Chaplains, in Mississippi wants to develop Partners in Care as a way to help our veterans throughout the state. We have 82 counties covering 46, 907 square miles. We have 249, 431 vets spread throughout the state. Many of these belong to the various denominations and faith communities. Many are in some of the small communities in Mississippi miles from Tupelo or Jackson or Biloxi. Again these are civilian vets, retired or out of the military. We still have those who are traditional Guardsmen ready to be mobilized. Let’s draw the net wide so we can catch any vet who is about to fall through the cracks. Let’s help each other help our vets so our state can continue to grow strong and uphold the promise of “No Soldier Left Behind.”

Any faith communities who want to participate can also expect some training to help understand the military and the problems veterans encounter. If interested in being part of Partners in Care talk with your pastor.

Maybe you can be the point man or woman in your faith community who takes this idea and runs with it. Then contact me, Chaplain Don Malin, and have me come down and talk with those wanting to participate. Contact me at 601-506-2497 and leave a message or email me at richardmalin898@gmail.com.





Services offered by EOC

The Educational Opportunity Center (EOC) a program funded by the United States Department of Education and is designed to assist adults with information about educational and career opportunities. We help qualified adults who desire to enter or continue a program of postsecondary education by providing information on admission and available financial aid. Recently, new provisions in our program have made it possible to reach out to military connected families by simply providing information on topics such as financial literacy, economic literacy, postsecondary education requirements, and various other topics relative to their needs. We are asking that you allow us to assist you by speaking to your family groups at least once a month or according to your meeting schedule.

Counties served by EOC

HINDS

LEAKE

MADISON

WARREN

YAZOO

POC:

Makleisha Logan, MS
Assistant Director
Educational Opportunity
Center
Tougaloo College
601-977-4475



<http://woundedminuteman.com/>

Our Guardsmen have been there for Mississippians when we needed them most, mobilizing for natural disasters such as hurricanes, tornado's and ice storms. They answered our nation's call to arms, serving in theaters around the world. Please join us in our support of Wounded Minutemen of Mississippi. United together we can support and honor our wounded Mississippi National Guard Veterans. Thank you for your continued support of our Mississippi guardsmen. Mississippi Guardsmen have sacrificed time from their families, job's and communities in recent years answering the call to serve their state and country. Their efforts come at a high cost, not in dollars and cents, but in the lives of our Guardsmen and their families. While many have made the ultimate sacrifice even more have been injured and now are faced with putting their lives back together. As fellow community members and veterans we hosted this tournament in order to help raise awareness of our wounded veterans and their struggles, honor their sacrifice and attempt to give back some small token of appreciation for their service and sacrifice for our great state and country. It is only with the generous support of individuals such as yourself that we were able to have a very successful tournament. Your participation and support helped make it possible for WMM to fulfill its mission to honor and empower wounded soldier's/airmen of Mississippi and provide assistance to those who have sacrificed much to defend our freedom.



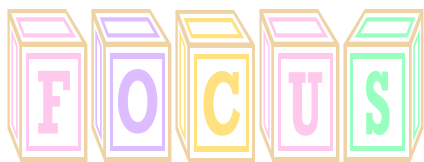
Pine Creek has again generously agreed to donate all proceeds of the tournament to the **Wounded Minutemen of Mississippi**. We would like to thank Mike and his staff for their continued support of our wounded veterans. Please show your support by enjoying a round of golf at Pine Creek. It is an enjoyable course to play with an excellent staff to assist you.



2nd ANNUAL GOLF TOURNAMENT

<http://woundedminuteman.com/>

**Registration now available
at the above website to
golfers and sponsors.**



Services for Providers and Families

FOCUS offers:

**Briefs,
Educational
Workshops,
Consultations,
Individual Family
Resiliency Training
Skill Building Groups**

Keesler Air Force Base,
Hewes Hall

817 Hercules St

Bldg 6903 Room 108

Biloxi, MS 39534

Phone: 228-822-5736

Fax: 228-822-5071

Email:

gulfport@focusproject.org
www.focusproject.org

Also try the interactive,
avatar-based environment,
designed to teach resiliency
skills to help military
families become stronger.
Create a “family” and enter
the FOCUS house to
learn/practice a variety of
skills to increase family
closeness.

www.focusworld.org



YELLOW RIBBON EVENTS

172 & 186 *Demob 4 Feb/12

1108th AVCRAD *Demob 4 Feb/12

184th Post 11-12 Feb/12

204th Post 11-12 Feb/12

289th Pre 10-11 Mar 12/12

231st EN Post 1/ 2 24-25 Mar 12/12

172 & 186 Post 1/2 24-25 Mar 12/12

298th Post 1/ 2 24-25 Mar/12

For more information on these events
please contact the Yellow Ribbon
Department at: 601-313-6161.

*****DeMob is the during event for the
families.



VALENTINE GIFTS

1. Free e-cards
2. Virtual roses
3. Dedicate a song
4. Say “I LOVE YOU” in a
foreign language
5. Coupons for a home
cooked dinner
6. Send an E-mail
Valentine
7. Play your favorite
“Love Song” on a C.D.
8. Leave a “love note” to
be found
9. Conversation hearts
around on a dinner
table
10. Memorabilia of your
time together
11. Candlelight Diner
12. Write 101 reasons
“Why I Love You”
13. Make a tradition
together
14. Homemade Valentine
treats
15. Go Dancing together
16. Watch a romance
movie
17. Take a walk together
18. Write a love letter
19. Propose again
20. Chocolate need I say
more.

STATEYOUTH
COORDINATOR (SYC)

Allen Pope

allen.pope@us.army.mil

601-313-6765

Jan Reeves

jan.reeves@us.army.mil

601-313-6620

YOUTH!



**"In dreams and in
love there are no
impossibilities"**

-Janos Arday

*** Who is your Valentine?**

Your valentine doesn't have to just be a girlfriend or boyfriend. A valentine can be anyone you love or care for; a parent, grandparent, or a friend. Show your valentine that you care by using some of these ideas on the next page!!

**UPCOMING
EVENTS!!!**

• Kids AT
2012

Dates for camp
this year are June
24-30, 2012.

Applications have
been distributed.
If you have any
questions or need
an application
contact Youth
Coordinator, Jan
Reeves.

**Twin Lakes 2012
Youth Retreat**

As of now the Twin Lakes
Youth Retreat has been put
on hold.

For further information
contact Youth
Coordinator:

Jan Reeves
601-313-6620

jan.reeves@us.army.mil

OUR MILITARY KIDS

Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from Our Military Kids pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.

www.OurMilitaryKids.org

**Phone: (703) 734-6654, or
toll free (866) 691-6654**

Fax: (703) 734-6503

Address:

**Our Military Kids, Inc.
6861 Elm Street, Suite 2A
McLean, VA 22101**

Valentine's Day Ideas!!!

- * Chocolate
- * A creative card
- * Flowers
- * Sticky notes in lunch bag
- * Poetry
- * Candy

COUPON BOOK

Give your valentine a coupon book of things that you would like to do for them on Valentines' Day

- * Do the dishes

- * Give a massage
- * Take out the trash
- * Cook them a meal of their choice
- * Vacuum the house
- * Go see a movie of their choice
- * Wash their car



LOVE BEADS

Materials

- Fimo or Sculpey clay (available at art supply stores)
- Aspic or tiny cookie cutters
- Toothpick
- Thin cording or string
- Safety pin

Instructions

1. To make symmetrical hearts, use the side of a pen to roll flat a lump of clay to about 1/8-inch thick.
2. Cut out pieces with a heart-shaped aspic cutter. For free-form hearts, use your fingers to form or coil individual bits of clay. You can even swirl together multiple colors.
3. Use the toothpick to make a hole in a corner of each bead and then bake hearts according to package directions.

* Younger ages use adult supervision



UNSCRAMBLE THE WORDS!!

YNIBERNOFD _____

OLACOEHCT _____

WFEORSL _____

FDNILGERIR _____

VLEO _____

RCDAS _____